TC 490

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING
УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明

DOMYOS

TC 490

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书

Импортер :
ООО «Октоблу», 141031, Россия, Московская область, Мытищинский район,
МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3

www.domyos.com OXYLANE 4, bd de Mons - BP 299 - 59665 Villeneuve d'Ascq Cedex - France
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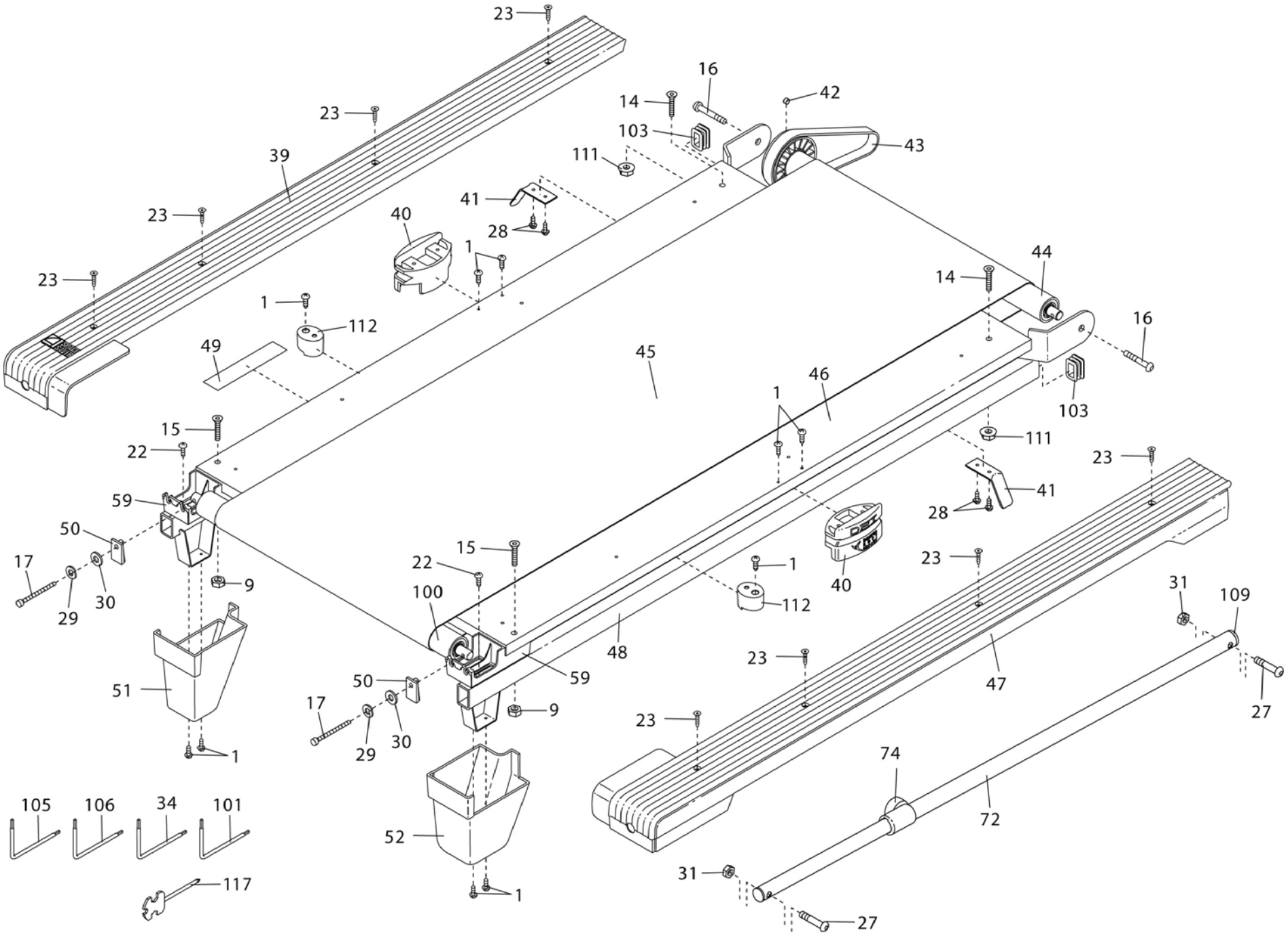
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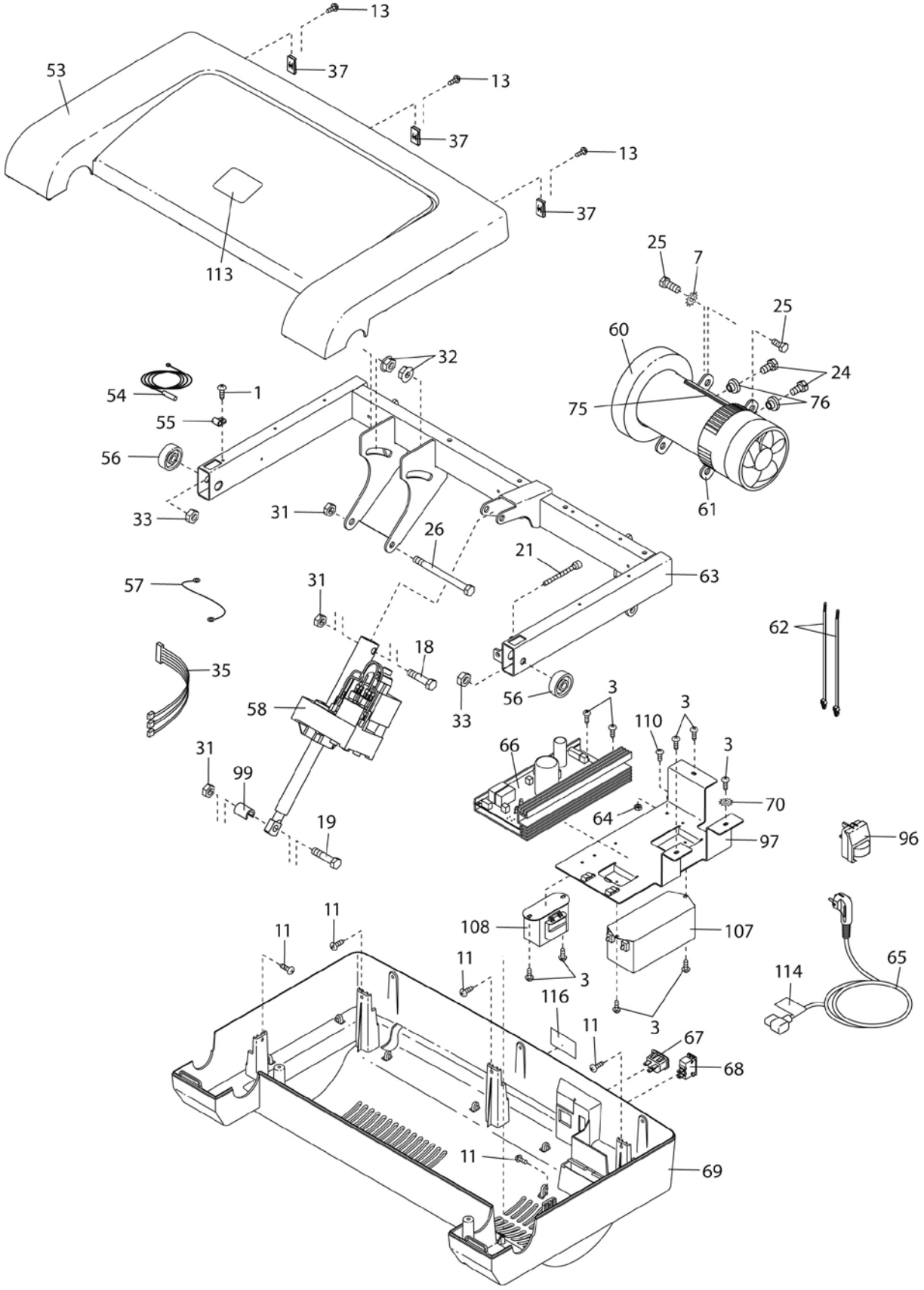
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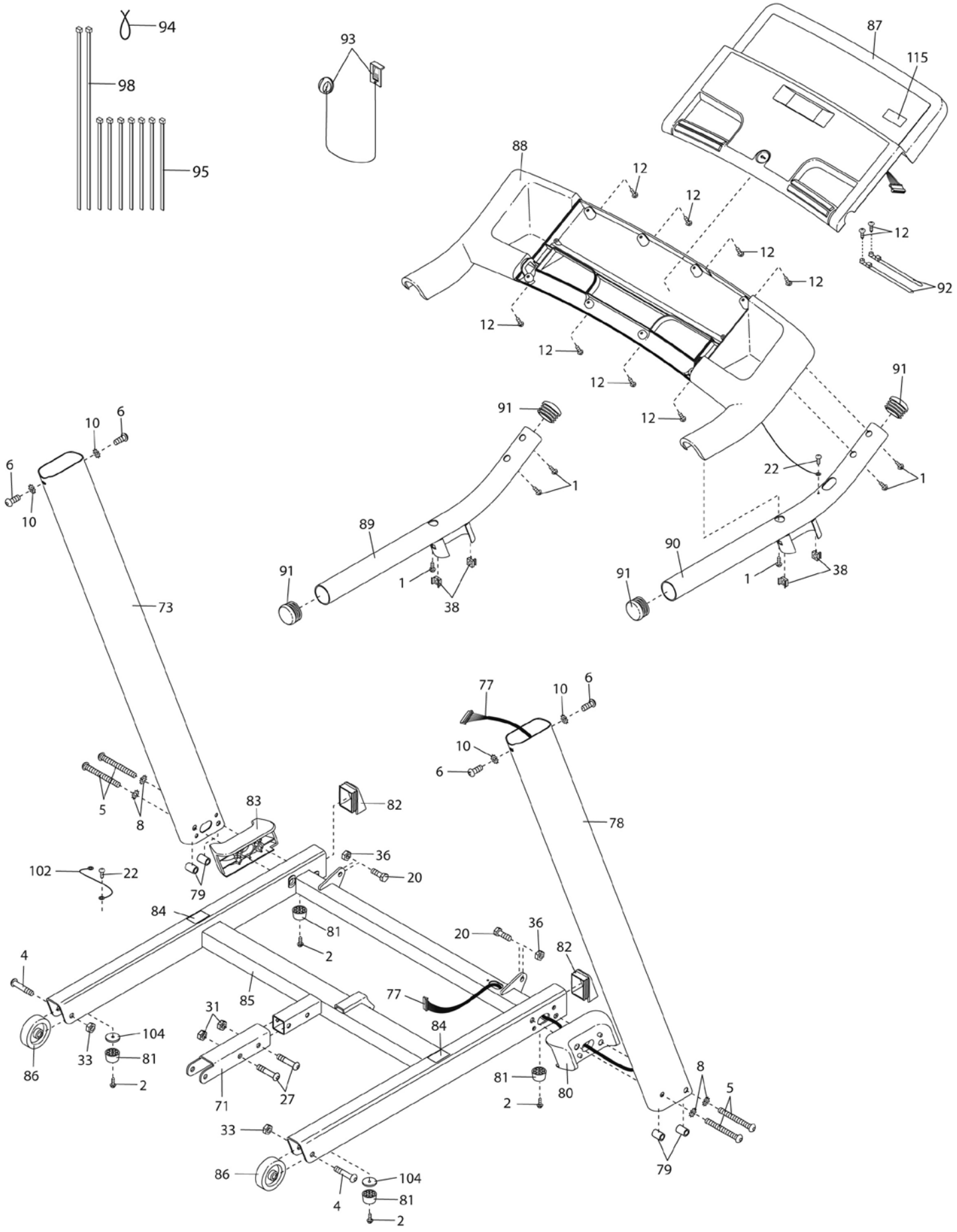
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MONTAGE • ASSEMBLY •MONTAJE • MONTAGE • MONTAGGIO • AFWERKING • MONTAGEM • MONTAŻ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب • 安装

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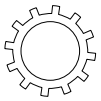
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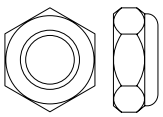
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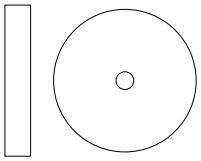
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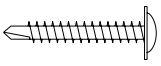
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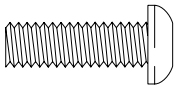
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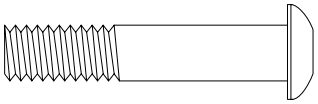
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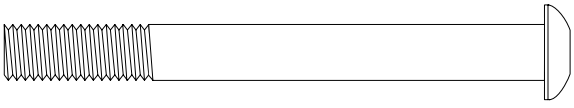
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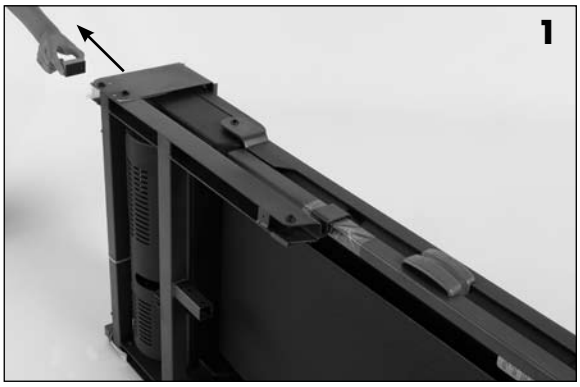

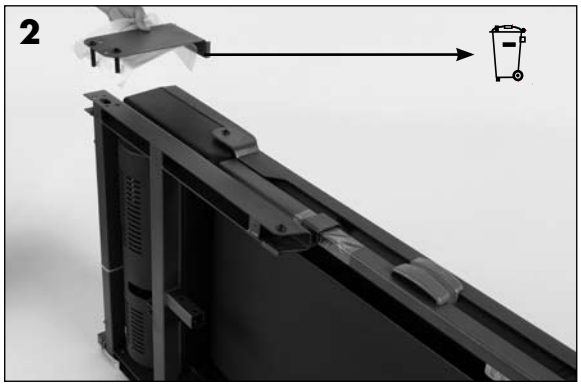

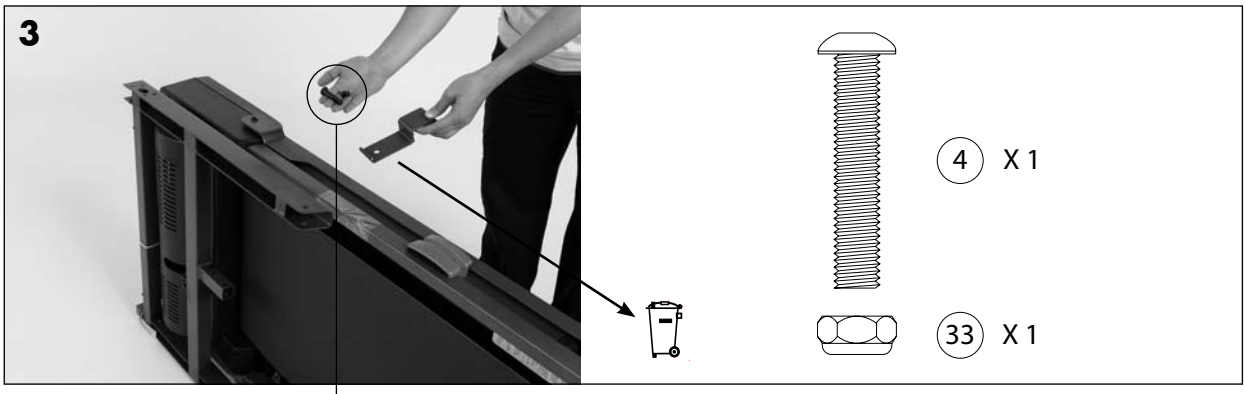

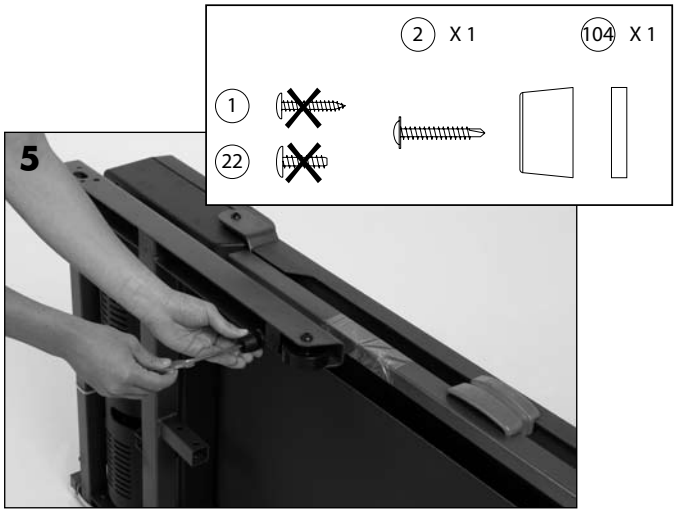

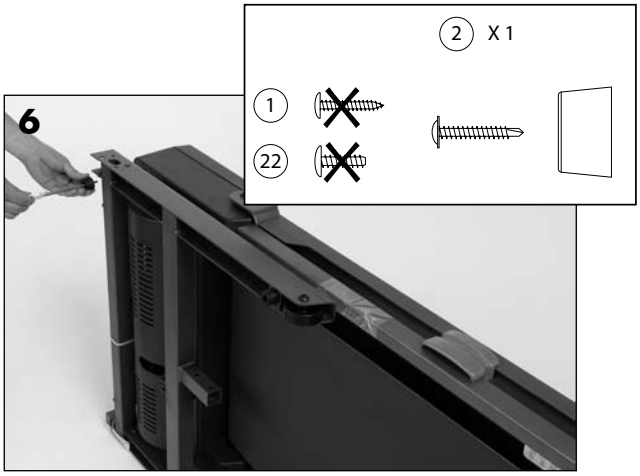

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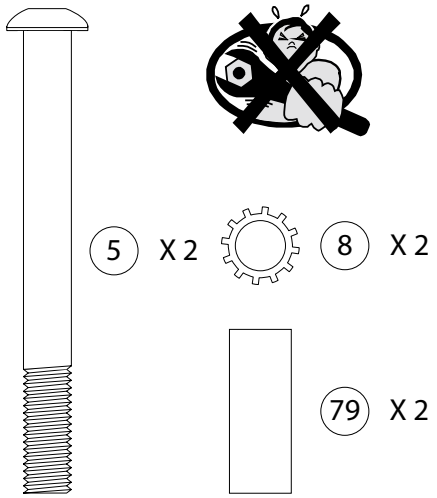
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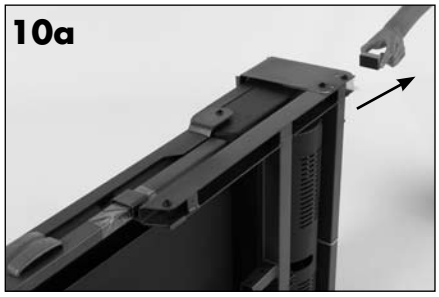
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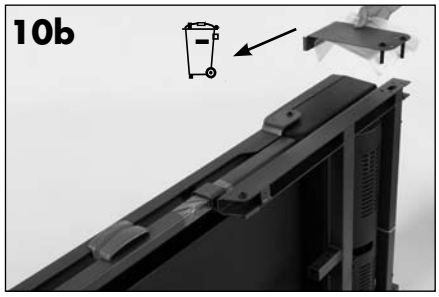
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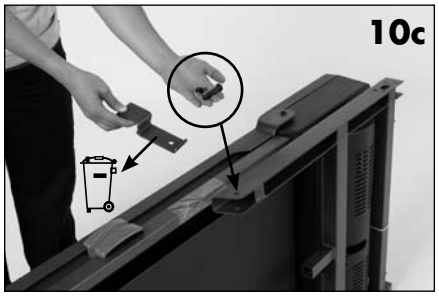
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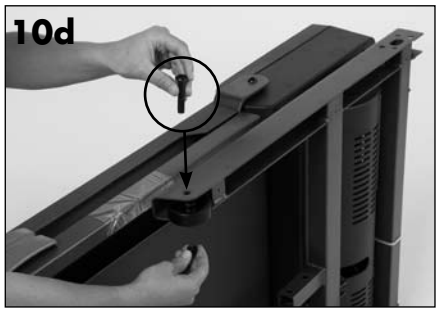
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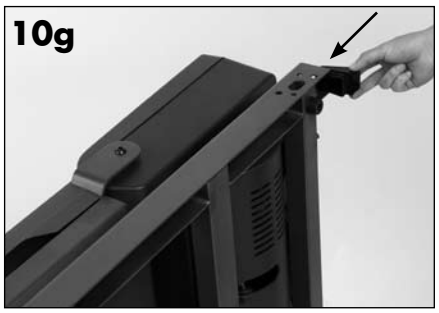
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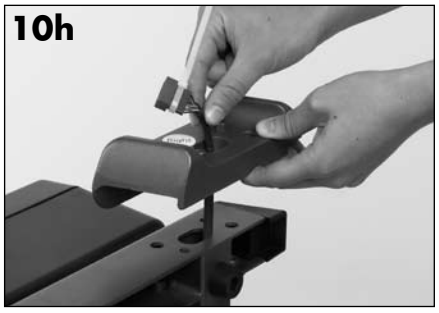
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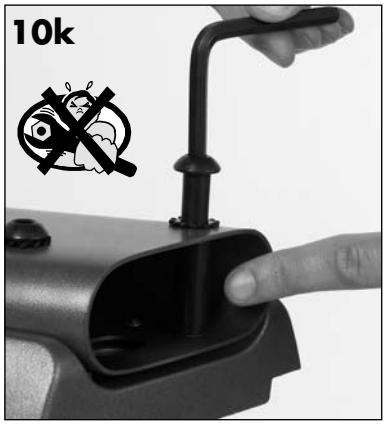
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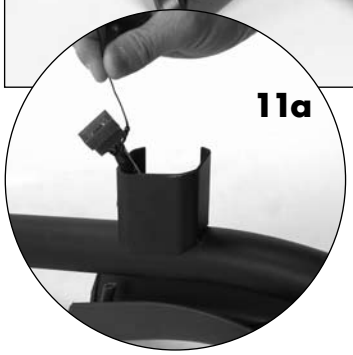

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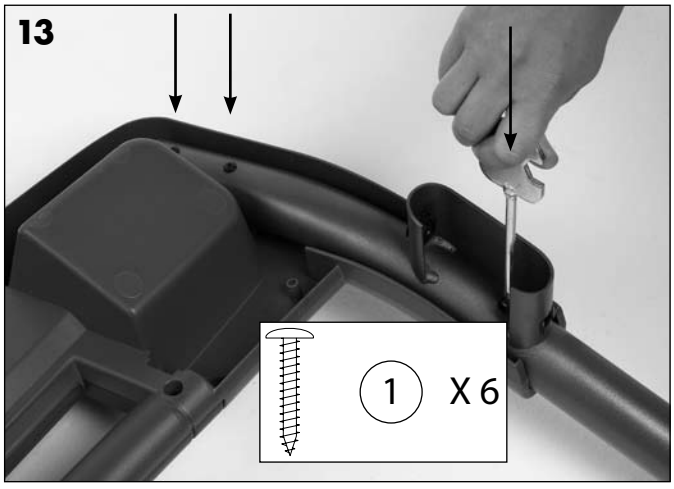

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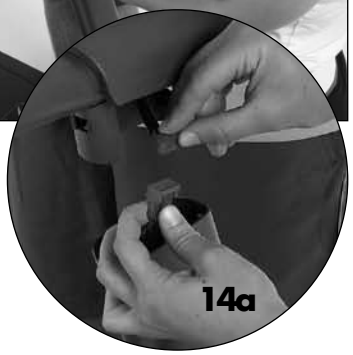

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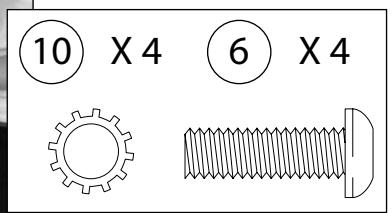

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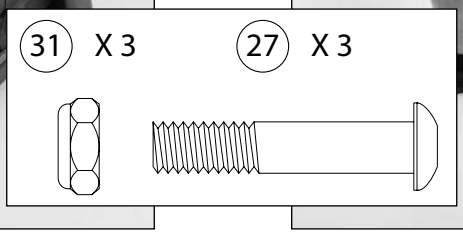

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① Console
Console
Consola
Konsole
Console
Terminal
Consola
Konsola
Konzol
Консоль
Consolă
Konzola
Konzole
Konsol
Конзола
Kumanda paneli
Приставка
كونسول
操纵台

② Capteur de pulsations
Heart rate monitor
Sensor de pulsaciones
Pulssensoren
Sensore di pulsazioni
Hartslagsensor
Sensor de pulsações
Czujnik pulsu
Szívritmus érzékelője
Датчик измерения пульса
Captor de pulsații
Snímač tepu
Snímač pulzů
Pulsmätare
Датчици за пулс
Titresim sensörleri
Пульсові сенсори
مستشعر النبض
脉搏传感器

③ Clé de sécurité
Safety key
Llave de seguridad
Sicherheitsschlüssel
Chiave di sicurezza
Veiligheidssleutel
Chave de segurança
Klucz zabezpieczający
Biztonsági kulcs
Ключ безопасности
Cheie de siguranță
Bezpečnostný kľúč
Bezpečnostní klíč
Säkerhetsnyckel
Ключ за сигурност
Güvenlik kilidi (anahtarı)
Ключ безпеки
مفتاح الأمان
安全钥匙

④ Montant
Upright arm
Montante
Stütze
Montante
Stijlen
Barra vertical
Stojak
Állvány
Стойка
Cadru
Suma
Stojan
Påstigningsanordning
Стойка
Kolon
Стояк
دعامة
嵌板竖杆

⑤ Bande de course
Treadmill belt
Cinta de correr
Lauffläche
Nastro di corsa
Loopband
Passadeira de corrida
Taśma bieżni
Futófelület
Беговое полотно
Bandă de alergare
Bežecký pás pásu
Běžící pás
Löpband
Лента за бягане
Koşu bandı
Біговий килим
شريط الجري
传送带

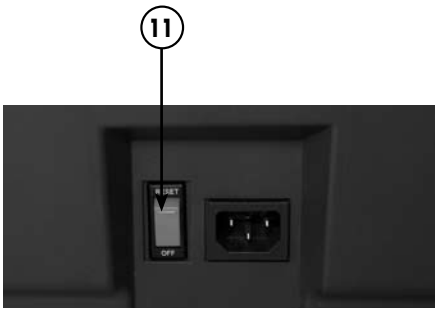
⑥ Vis de réglage pour le centrage et la tension de la bande de course
Adjusting nut to centre and set the tension of the treadmill belt
Tornillo de ajuste para el centrado y la tensión de la cinta de correr
Einstellschraube für das Zentrieren und die Spannung der Lauffläche
Vite di regolazione per la centratura e la tensione del nastro di corsa
Regelschroef voor het centreren en het spannen van de loopband
Parafuso de ajuste para centragem e tensão da passadeira de corrida
Śruba regulacji wycentrowania i naprężenia taśmy bieżni
A futófelület központosítására és a szalag feszességének beállítására szolgáló csavar
Натяжной болт для центрирования и натяжения беговой дорожки
Şurub de reglare pentru centrarea şi întinderea benzii de alergare
Nastavovacia skrutka pre centrovanie a napínanie bežeckého pásu
Šroub pro nastavení centrování a napětí běžícího pásu
Justeringsskruv för centrering och sträckning av löpbande
Винт за регулиране на центрирането и обтягането на лентата за бягане
Koşu bandının gerilimi ve gerilim ayarı için ayar vidası
Гвинт регулювання центрування та натягу бігового килима
برغي لضبط مركزة ومقدار قوة شد شريط الجري
调节传送带位置和松紧的螺丝

⑦ Repose-pieds
Footrest
Reposapiés
Fußraste
Poggiapiedi
Voetensteun
Descanso para pés
Oparcia stóp
Lábtartó
Подножка
Sprijin picioare
Stúpačka
Stupačky
Fotstöd
Стъпенки
Ayak dayama desteği
Підніжка
مرتكز للأقدام
置脚处

⑧ Rampe
Rail
Rampa
Handlauf
Rampa
Leuning
Rampa
Pochylnia
Korlát
Поручень
Rampă
Zábradlie
Rampa
Räcke
Перило
Bant meyili (Rampa)
Бильця
مرتكز للأقدام
扶手管

⑨ Système d'amorti DSI (Domyos Soft Impact)
DSI (Domyos Soft Impact) System
Sistema de amortiguación DSI (Domyos sofá Impact)
Dämpfungssystem DSI (Domyos Soft Impact)
Sistema di ammortizzatori DSI (Domyos Soft Impact)
Schok absorptiesysteem DSI (Domyos Soft Impact)
Sistema de amortecimento DSI (Domyos Soft Impact)
System amortyzacyjny DSI (Domyos Soft Impact)
DSI (Domyos Soft Impact) csillapítórendszer
Амортизационная система DSI (Domyos Soft Impact)
Sistem de amortizare (Domyos Soft Impact)
Systém stopnutého úderu DSI (Domyos Soft Impact)
Systém tlumení DSI (Domyos Soft Impact)
DSI stötdämpningssystem (Domyos Soft Impact)
Система амортисьори DSI (Domyos Soft Impact - Омекотяване на удара)
DSI hız kesme sistemi (Domyos Soft Impact)
Система амортизації DSI (Domyos Soft Impact)
نظام امتصاص الصدمات DSI (Domyos Soft Impact)
DSI缓冲系统(Domyos Soft Impact)

⑩ Roulettes de déplacement
Castors
Ruedas de desplazamiento
Transportrollen
Rotelle di spostamento
Transportwieltjes
Roletes de deslocação
Kółka do przewożenia
Görgők a mozgatáshoz
Транспортировочные ролики
Roti de deplasare
Posúvacie kolieska
Kolečka pro posouvání přístroje
Transporthjul
Ролки за отместване
Yer değiştirmeye yarayan tekerlekler
Коліщатка для пересування
بكرات النقل
移动小轮



⑪ Disjoncteur
Circuit-breaker
Interruptor
Schalter
Disgiuntore
Zekering
Disjuntor
Wyłącznik samoczynny
Megszakító
Предохранительный выключатель
Întrerupător
Vypínač
Spínač
Strömbrytare
Прекъсвач
Otomatik devre kesici
Запобіжник
فاصل
断路开关

⑫ Cordon d'alimentation
Power cord
Cable de alimentación
Geräteschnur
Cavo d'alimentazione
Voedingskabel
Cabo de alimentação
Przewód zasilający
Hálózati zsinór
Шнур питания
Cablu de alimentare
Kábel napájania
Kabel napájení
Strömförsörjningssladd
Захранващ кабел
Elektrik (besleme) kablosu
Провід живлення
سلك الإمداد
供电电线

⑬ Barre de verrouillage avec Piston d'aide à la descente
Locking bar with piston-assisted unfolding
Barra de bloqueo con pistón de ayuda para el descenso
Verriegelungsstange mit Hilfskolben zum Absenken
Barra di bloccaggio con pistone di aiuto alla discesa
Vergrendelingsstaaf met zuiger, vereenvoudigt het neerlaten
Barra de bloqueio com êmbolo de ajuda à descida
Belka blokująca z tłokiem ułatwiającym opuszczanie
Rögzítőrúd a leeresztést megkönnyítő hengerrel
Рычаг блокировки с плунжером для спуска с тренажера
Bară de blocare cu Piston de ajutor pentru coborâre
Zaisťovacia tyč s pomocným piestom pri zostupe
Uzamykací tyč s pomocným pístem při klesání.
Låsregel med kolv för att underlätta avstigning
Блокиращ лост с бутало за помощ при слизане
Aşağı doğru hareket kabiliyeti için yardımcı pistona sahip kilitleme kolu
Блокувальний штир з позицією допомоги при злізанні.
قضيب تأمين قفل مع مكبس المساعدة على الهبوط
带活塞锁定杆帮助下降

*CN TC490 - 1169620 MADE IN CHINA HECHO EN CHINA FABRICADO NA CHINA ПРОИЗВЕДЕНО В КИТАЕ 中国制造	OXYLANE - 4 boulevard de Mons - BP 299 59 665 Villeneuve d'Ascq Cedex - France Импортер: ООО "Октоблу", 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ "Алтуфьево", владение 3, строение 3 Importado para Brasil por IGUASPORT Ltda CNPJ : 02.314.041/0001-88
EN 957-1 EN 957-6 HC GB 17498-1998	oxylane 合格品 CE
DP SHANGHAI SN: 69593 TN: XXXXXXXXXX DATE: WW-YYYY	

WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- •Stand only on the side rails when starting or stopping treadmill.
- •Change speed in small increments.
- •Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- •Stop if you feel faint, dizzy, or short of breath.
- • Fully engage storage latch before treadmill is moved or stored.
- •Reduce incline to its lowest level before folding treadmill into storage position.

- •Never allow children on or around treadmill.
- •Remove key when not in use.

- •Keep clothing, fingers, and hair away from moving belt.
- •Never try to adjust or fix the belt while it is moving.
- •Always wear athletic shoes while operating treadmill.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

⚠ WARNING:

To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

MAXI

130 kg / 286 lbs

RU ВКЛЮЧАТЬ ТРЕНАЖЕР ТОЛЬКО В ПРАВИЛЬНО ЗАЗЕМЛЕННУЮ РОЗЕТКУ.
RO NU CONECTAŢI MAŞINA DECÂT LA O PRIZĂ CORECT LEGATĂ LA PĂMÂNT.
SK PRISTROJ ZAPOJTE LEN DO ZÁSUVKY, KTORÁ JE SPRÁVNE UZEMNENÁ.
CS PRISTROJ ZAPOJTE POUZE DO ZASUVKY, KTERA JE SPRAVNE UZEMNENA.
SV MASKINEN FÅR BARA ANSLUTAS TILL EN KONTAKT SOM ÄR KORREKT JORDAD.
BG ВКЛЮЧВАЙТЕ УРЕДА САМО В ПРАВИЛНО ЗАЗЕМЕН КОНТАКТ.
TR CİHAZINIZIN ELEKTRİK BAĞLANTISINI, UYGUN ŞEKİLDE TOPRAKLANMIŞ BİR PRİZLE GERÇEKLEŞTİRİN.
UK ВМИКАТИ МАШИНУ ТІЛЬКИ В РОЗЕТКУ ІЗ ПРАВИЛЬНО ЗРОБЛЕНИМ ЗАЗЕМЛЕННЯМ.
AR .لا توصل الآلة إلا بمقبس موصل بالأرضي على نحو سليم
ZH 仅将机器连接在正确接地的插座。

WARNING

WARNING

FR NE BRANCHER LA MACHINE QUE SUR UNE PRISE CORRECTEMENT MISE À LA TERRE.
EN ONLY PLUG THE MACHINE INTO A CORRECTLY EARTHED SOCKET.
ES ENCHUFAR LA MÁQUINA ÚNICAMENTE A UNA TOMA CORRECTAMENTE CONECTADA A TIERRA.
DE DIE MASCHINE NUR AN EINE KORREKT GEERDETE STECKDOSE ANSCHLIESSEN.
IT COLLEGATE LA MACCHINA UNICAMENTE AD UNA PRESA DOTATA DI TERRA.
NL DIT APPARAAT ENKEL AANSLUITEN OP EEN CORRECT GEAARD STOPCONTACT.
PT A MÁQUINA SÓ PODE SER LIGADA A UMA FICHA COM UMA LIGAÇÃO CORRECTA À TERRA.
PL URZĄDZENIE MOŻE BYĆ PODŁĄCZONE WYŁĄCZNIE DO GNIAZDKA POSIADAJĄCEGO PRAWIDŁOWE UZIEMIENIE.
HU A GÉPET CSAK SZABÁLYOSAN FÖLDELT FALI CSATLAKO ZÓHOZ SZABAD CSATLAKOZTATNI.

FR NE JAMAIS DÉMONTER ET OUVRIR CE CARTER.
EN NEVER DISMANTLE OR OPEN THE CASING.
ES NO DESMONTAR NI ABRIR NUNCA ESTE CARTER.
DE DIESES GEHÄUSE NIEMALS ABMONTIEREN UND ÖFFNEN.
IT NON SMONTARE MAI NÉ APRIRE QUESTO CARTER.
NL DEMONTEER EN OPEN DIT CARTER NOOIT.
PT NUNCA DESMONTAR E ABRIR ESTE CÁRTER.
PL NIE NALEŻY NIGDY DEMONTOWAĆ I OTWIERAĆ TEJ OBUDOWY.
HU EZT A BURKOLATOT LESZERELNI ÉS KINYITNI TILOS.
RU НИКОГДА НЕ РАЗБИРАТЬ И НЕ ОТКРЫВАТЬ ЭТОТ КОРПУС.
RO NU DEMONTAŢI ŞI NU DESCHIDEŢI NICIODATĂ ACEST CARTER.
SK NIKDY NEVYKONÁVAJTE DEMONTÁŽ TOHTO KRYTU A NEOTVÁRAJTE HO.
CS NIKDY NEPROVADEJTE DEMONTAZ TOHOTO KRYTU A NEOTVIREJTE JEJ.
SV DEMONTERA ELLER ÖPPNA ALDRIG DENNA KÅPA.
BG НЕ РАЗГЛОБЯВАЙТЕ И НЕ ОТВАРЯЙТЕ ТОЗИ КОЖУХ.
TR BU KUMANDA KARTERİNİ HİÇBİR ZAMAN YERİNDEN ÇIKARMAYIN VEYA AÇMAYIN.
UK У НІЯКОМУ РАЗІ НЕ ЗНИМАТИ ЦЕЙ КОЖУХ.
AR .لا تقم بفك أو فتح هذا الحوض أبداً
ZH 绝不要拆卸或打开机壳。

TC490 220-240 VAC, 50 Hz, 1300 W

E N G L I S H

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us.
We have created the DOMYOS brand to provide a way for all athletes to stay in shape.
This product has been designed by athletes for athletes.
We would be pleased to receive your comments and suggestions concerning DOMYOS products.
Therefore, your store team is ready to listen, as is the DOMYOS products design department.
You can also find us at www.domyos.com
We wish you successful training and hope that you will enjoy using this DOMYOS product.

TECHNICAL SPECIFICATIONS

- Maximum speed: 16 km/h (10 mph)
- Power supply: 220-240 V, 50 Hz
- Maximum power consumed: 1300 W
- Continuous motor power: 1.75 HP (HP)
- Maximum motor power: 2.75 HP (HP)
- Treadmill weight: 69 kg (153 lbs)
- Dimensions of unfolded Treadmill: H 1283 x L 1724 x l 820 mm (H 50.51 x L 67.88 x W 32.27 in)
- Dimensions of folded Treadmill: H 1467 x L 830 x l 820 mm (H 57.74 x L 32.67 x W 32.27 in)
- Acoustic pressure level measured at 1m from the surface of the machine and at a height of 1.60m above the ground: 74db (at maximum speed)

WARNING

Before beginning any exercise program, consult your doctor. This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before use.

The following information is general and should only be taken as a guide. Please therefore adapt these recommendations to your personal fitness and leisure needs.

GENERAL CARDIO-TRAINING PRINCIPLES

If you are just starting out, begin by exercising for several days at a low speed, without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions.

Maintenance/Warm-up: Gradual effort starting with 10 minutes.
For maintenance work to keep yourself in shape or get back into shape, you can train every day for about ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.
To increase muscle tone in the legs, choose a greater speed and increase the duration of the exercise.
Obviously, you can vary the speed over the course of your workout.

Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour).
If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results.
Choose a relatively low running speed and exercise for around 30 minutes. This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath. It is the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you run for more than about thirty minutes at least three times a week.

Aerobic training for endurance: Sustained effort for 20 to 40 minutes.
This type of training aims to strengthen the heart muscles significantly and improve respiration.
Running speed is increased to accelerate respiration during exercise. This type of exercise is more sustained than when you are working out to get into shape.
Little by little, as you train, you will be able to work out for longer, at a faster pace. Aerobic endurance training requires at least three training sessions per week.
More intense workouts (anaerobic work and red-zone work) are reserved for athletes and require specific preparation.
After each workout, set aside several minutes to jog at a lower speed to slow down and gradually relax your body.

SAFETY

To reduce the risk of serious injury and damage to the product, read the following important instructions for safe usage before using the product.

1. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the misuse of this product by the purchaser or by any other person.
4. This device complies with European standards (standard CE, standards EN-957-1 and EN 957-6 category HC) concerning fitness equipment in domestic, non-therapeutic use (equivalent to GB17498). Do not use this product in a commercial, rental, or institutional setting.

ELECTRICAL HAZARDS

5. Immediately after each use and before any cleaning, assembly or maintenance operation, turn off the master switch and disconnect the treadmill from the mains.
6. Never leave the treadmill plugged in without supervision.
7. Never use this treadmill: with a damaged electrical cable or plug; if it has been knocked over or dropped; if it has suffered damage; or if it has been in contact with water.
8. Do not use the treadmill in a place where aerosol products are used or where oxygen is administered.
9. Never pull the treadmill by its electrical power cable or use the cable as a handle.
10. If you need an extension cable, only use one equipped with an earth connection and which is at least 1.5m long.
11. Keep the electrical cable away from hot surfaces.
12. Only plug the treadmill into a correctly earthed socket.

Earthing instructions

In the event of malfunction or breakdown, the current is earthed to reduce the risk of electrocution. This machine is also equipped with a wired cable and an earthed plug. The plug must be connected to a correctly installed mains socket earthed in accordance with current regulations. Incorrectly earthing the plug may lead to a risk of electrocution. If in doubt, ask a qualified electrician to check that the product is correctly earthed. Do not carry out any modifications of the plug supplied with your treadmill. If it is not suited to your mains socket, ask a qualified electrician to install a correctly earthed plug.

13. You treadmill must be connected to an electrical socket on a 10A (amperes) network.
14. Your home's electrical supply must be in a good state of repair and comply with current standards.
15. Your home's switchboard must be equipped with a 30mA earth-leak circuit-breaker. This device detects leaks of electricity and guarantees individuals' safety.
16. In some regions, a lightening arrestor must be installed to the switchboard. Check whether the regulations in force in your French département, region or country require you to install a lightening arrestor.

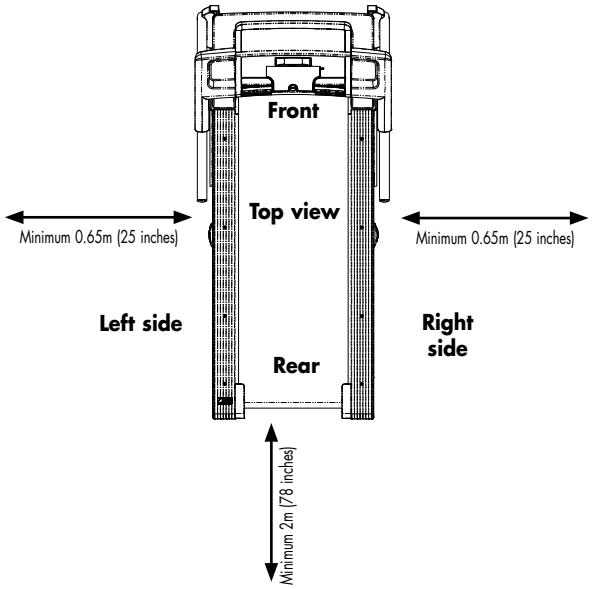
DANGER

17. Before carrying out any maintenance or visual checks of your treadmill, turn off the master switch and remove the plug from the mains socket. Never remove the motor cover. Adjustments and modifications other than those described in this manual must only be carried out by an authorised technician. Non-compliance with this safety measure may cause serious or even fatal injuries
18. Never submerge any component of the product in any liquid.

PHYSICAL RISKS

19. Never insert any object into any opening.
20. Keep your hands well away from any moving part. Never place your hands or feet under the treadmill.
21. Use the product indoors on a flat surface, in an uncluttered place free from moisture and dust. Ensure that you have enough space to access and move around the device safely. For safety, leave a clear space of 2m behind the treadmill and 0.65m on each side. When using the machine, please ensure that the space around it is sufficiently clear. Do not store or use the product outside.

Top view



22. Never drop liquids onto the treadmill. If you drink while running, use a bottle with a sealable sports cap.
23. Never damage the cord.
24. It is the user's responsibility to inspect and if necessary tighten all parts before using the product. Immediately replace any worn or defective parts.
25. Before every use, ensure that the treadmill belt is perfectly aligned and centred in relation to the foot rests.
26. Check the tension of the treadmill after two hours' use and then every ten hours (see maintenance chapter).

Please note: Non-compliance with these maintenance guidelines may void the warranty.

27. Do not modify your product.
28. Should your product deteriorate, report the fault to your Decathlon store and do not use the product until it has been fully repaired. Only use Decathlon spare parts.
29. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)

USE

Warning: Before using your treadmill, please read the following advice carefully.

1. Ensure that sufficient air can circulate throughout exercise.

2. For its protection, cover the floor under the product with a suitable floor mat, available in Decathlon stores.

3. Never allow more than one person to use the treadmill at any time.

Before starting a training session

4. Wear sports shoes in a good state of repair. To avoid damaging your machine, ensure that your soles are free of any debris, such as gravel or small stones.

5. Check that your shoelaces are in no danger of catching in the treadmill belt.

6. Put your hair up so that it does not get in the way during exercise.

7. Do not wear baggy clothing likely to get in your way during exercise.

8. Place the magnetic part of the safety key on the console and attach the other end of the key to your clothing. In an emergency situation, the safety key must be able to detach completely from the console in order to stop the treadmill. Test the safety key by carefully moving away from the console. Adjust the length of the cord so that the safety key detaches automatically when you reach the end of the running surface.

9. Always start in a standing position on the foot rests and not on the treadmill belt. Before stepping onto the treadmill, wait for the speed to reach 1km/h. Never start at a higher speed.

10. Increase your speed gradually.

11. To get on or off the machine and to change speed, always use the rails.

12. When using your treadmill, never hang a towel on the machine.

13. Keep children and pets away from the product at all times.

14. After exercising, wait for the treadmill to stop completely before getting off.

15. Never run the motor in the treadmill's folded position.

WARNING : If you feel vertigo, nausea, chest pains or any other abnormal symptom, stop exercising immediately and consult your doctor before continuing to train.

16. Before starting your exercise programme, always stretch your muscles. Warm up by walking slowly. Gradually increase your exercise intensity until you reach your desired stride rate.

Before ending a training session, you should always do the following:

1. Before ending your training, give yourself some time to slow down your stride rate to return to rest and allow your heart rate to return to normal.

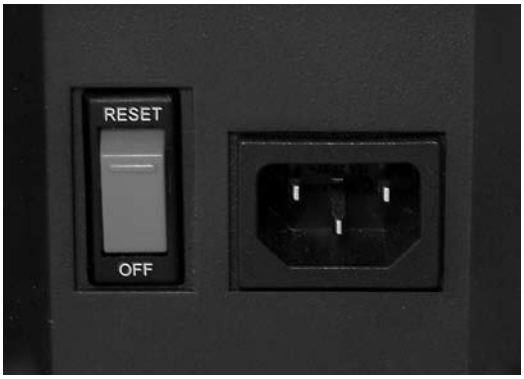
2. Hold the hand rails and press the « ▼ » button of the « ▲/▼ SPEED » buttons. Slow your stride until you reach an easy walking pace (3 km/h).

3. Before getting off the treadmill, ensure that it has stopped completely.

At the end of every session, please do the following:

1. Remove the safety key from the console and store it in a place which is inaccessible to children.

2. Stop the machine by moving the circuit-breaker to «OFF».



3. Remove the power cord from the mains socket. This is particularly important if you don't use your machine for a long period.

4. Always place and keep the power cord in a place where it will not obstruct passers by.

5. Check that the machine is securely locked into its folded position before moving or storing the treadmill.

TREADMILL FUNCTIONS

CONSOLE FUNCTIONS

The safety key must be placed in the area marked with a key at the bottom of the console.

At the left-hand side of the console you will find the incline access buttons.
At the right-hand side of the console you will find the speed access buttons.

SCREEN DISPLAY

« TIME » : Exercise duration in minutes: seconds.

« CALS. » : Estimation of calories expended.

« DIST. » : Distance covered in kilometres or miles.

« SPEED » : Running speed in kilometres per hour or miles per hour.

« ♥ » in the bottom-right of the screen and when you place your hands on the heart rate sensors: Indicates your heart rate.

BUTTONS

« SELECT PROGRAM » : Selects the programme you want to choose.

« ▼/▲ SET MAX. SPEED » : Adjusts the programme speeds by increments of 0.1 km/h (0.1 mph) before launching the programme.

« GO » : Launches the programme.

« DISPLAY » : Allows you to modify the main display to give priority to an item of data of your choice: TIME, DIST., CALS and SPEED).

DIRECT ACCESS TO INCLINES – 0, 2, 4, 8 or 10%: Skips immediately to one of 5 pre-selected inclines. To choose a pre-selected incline, press the button corresponding to the incline you want.

DIRECT ACCESS TO PRE-SELECTED SPEEDS – 4, 8, 12, 14 or 16 km/h (2.5, 5.0, 7.5, 8.7 or 10 mph): Skips immediately to one of 5 pre-selected speeds. To choose a pre-selected speed, press the button corresponding to the speed you want.

« ▲/▼ INCLINE » : Immediately changes the incline in increments of 0.5% from 0 to 10%.

« ▲/▼ SPEED » : Immediately changes the speed in increments of 0.1 km/h (0.1 mph) from 0.8 to 16 km/h (0.5 to 10 mph).

Note: Hold the button down to scroll through the speeds in increments of 0.5 km/h (0.5 mph).

« STOP » : Immediately stops the exercise.

GETTING STARTED

After inserting the safety key into the console and attaching the clip to your clothing, the easiest way to start your training is to press the «GO» button. The treadmill starts at a speed of 2km/h (1mph) and an incline of 0%.
You can adjust the speed and the incline by pressing the direct access buttons, the **« ▲/▼ SPEED »** and **« ▲/▼ INCLINE » buttons.**

PROGRAMMES

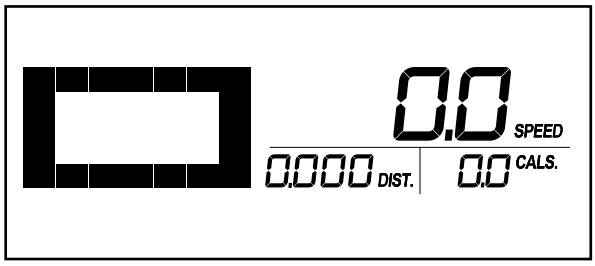
The TC 470 offers one manual program, four preset programs of varying speed (P1, P2, P3 & P4) and two programs of varying incline (P5 & P6).

Each program – P1 to P6 – is made up of 1-minute segments at a given speed or incline.
Depending on your level, you can adjust the maximum speed by pressing "SET MAX. SPEED". This will automatically change the speed of each segment but without exceeding the maximum speed you have chosen.

PROGRA SELECTION

After inserting the safety key you can select the program by pressing the **« SELECT PROGRAM »** button. The program you choose is displayed on the screen (P1, P2, P3, P4, P5 or P6).

Manual program:



Choose the incline you would like by pressing **« ▲/▼ INCLINE »**.

Choose your speed by pressing one of the direct access speed buttons or **« ▲/▼ SPEED »**.

The treadmill starts as soon as you press one of the speed selection buttons.

Your route is symbolised by a 400m track (0.25 miles)

Program P1 to P6:

Speed programs P1 to P4: speed varies during the exercise.
Exercise duration is preset and cannot be altered.

Incline programs P5 to P6 incline varies during the exercise.
Exercise duration is preset and cannot be altered.

Select your program and adjust the maximum speed using the «▼/▲ SET MAX. SPEED» buttons in increments of 0.1km/h (0.1mph). Start the program by pressing "GO".
The treadmill and the program countdown timer start.

There is a sound every time the program segment changes during the exercise.

HEART RATE SENSORS

You can monitor your heart rate at the start and end of your exercise session by placing each palm on the heart rate sensors. Your heart rate will be displayed in the bottom-right of the screen.
This measurement is indicative and is not medically reliable.

INFORMATION mode

This is a mode which gives you access to the total distance covered and the total number of hours the treadmill has been in use since it was turned on.
In this mode you can also select your speed and distance units and activate or deactivate information mode.

To return to INFORMATION mode you need to press the « STOP » button and while pressing it insert your safety key, then release the « STOP » button.

In the bottom-right of your screen an « E » for miles or « ΓΠ » for kilometres will then be displayed.
To change from one to the other press « ▲ SPEED ».

In the bottom-left of the screen the total distance covered since the treadmill was first used will be displayed.

Finally, the total number of hours that the treadmill has been in use will be displayed in the centre of the screen.

Please note that the console offers a demo mode for shop use.
When demo mode is activated your treadmill will function normally but when you remove the safety key the console screen will still be lit.

When activated, demo mode is indicated by a «d» in the bottom-right of your screen.
To disactivate it, press «▼ SPEED ».

To exit information mode and save your speed unit, remove the safety key from its magnetic holder.

CALIBRATING THE SLOPE

If you remove the safety key while the slope motor is running, the system will automatically recalibrate the slope when you restart the product. Calibration generally results in the running platform gradually rising to its maximum level and then coming back down into its horizontal position.

MAINTENANCE

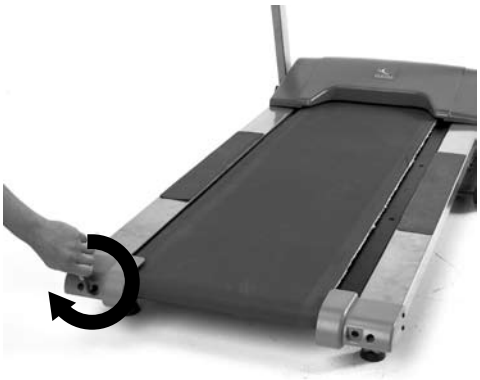
CLEANING

Use a soft cloth to remove dust. Persistent stains (like sweat) can be removed with a slightly damp cloth.
Be aware of electrical dangers: ensure that the treadmill is off and unplugged.
If you tip the treadmill onto its side while the platform is open (in-use position), the platform may close suddenly. You are strongly advised to fold the platform into the storage position and ensure that the locking system is engaged before tipping the treadmill.

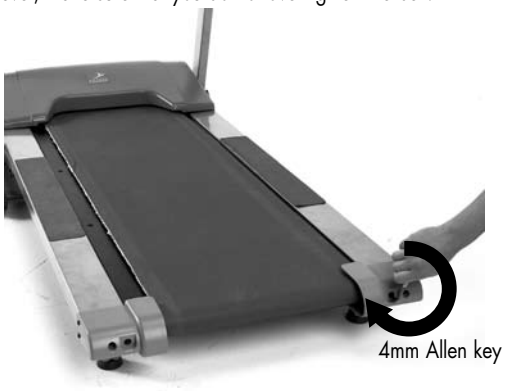
ADJUSTING THE POSITION OF THE TREADMILL BELT

The treadmill belt should always be perfectly centred. An alignment defect will inevitably cause premature wearing of the belt (ripping at the edges) and, in the long-term, will prevent your treadmill from functioning properly (a lack of driving force in the rollers).

1. Run your treadmill at 5km/h (3mph) and stand behind the machine.
2. **The belt is off-centre to the left:** turn the left-hand adjusting nut a half of a turn clockwise.
3. **The belt is off-centre to the right:** turn the right-hand adjusting nut a half of a turn clockwise.
4. Let the treadmill run long enough for the belt to reposition itself (1 to 2 minutes) and repeat the procedure if necessary.
   However, make sure that you do not over-tighten the belt.



The belt is off-centre to the left

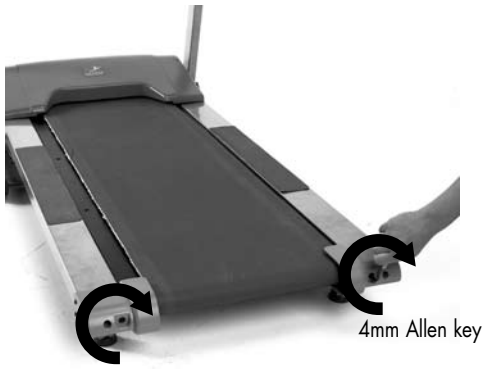


The belt is off-centre to the right

ADJUSTING THE TENSION OF THE TREADMILL BELT

The treadmill belt is a part subject to wear and tear which slackens over time. Retighten it as soon as it begins to slip over the rollers (skating).

1. Turn both adjusting nuts a quarter of a turn clockwise.
2. Repeat the procedure if necessary but be careful not to over-tighten the belt. The belt is correctly tightened if you can lift the edges by a few centimetres on each side.



LUBRICATING THE TREADMILL BELT

This treadmill does not need lubricating.

FOLDING/UNFOLDING

FOLDING AND UNFOLDING YOUR TREADMILL MUST BE CARRIED OUT WITH THE MACHINE STOPPED AND UNPLUGGED.
YOUR TREADMILL'S INCLINE MUST BE 0%.

To fold your treadmill:

Stand behind the treadmill, with your feet on the ground. Lift the treadmill with your hands on the sides of the device. Your knees should be bent and your back straight.

Place both your hands under the back legs of the treadmill with your knees bent and your back straight. You can lift the treadmill completely. The treadmill will lock into a vertical position when you hear the locking "click".

If your treadmill does not lock, lower it by a few centimetres and repeat the procedure with your knees bent and your back straight.

To unfold your treadmill:

With your left hand, push the treadmill slightly forward and maintain this pressure while you unlock the safety catch with your right hand.

Put both your hands under the treadmill belt and unfold the treadmill. You can move down with your treadmill, not forgetting to bend your knees and keep your back straight.

MOVING THE TREADMILL

Important: this product is heavy (69kg/153lbs). Before moving it, ensure that you are big and strong enough!

Turn off the treadmill (turn the switch to « **OFF** ») and unplug the power cord from the wall socket. Secure the cord to the treadmill so as not to damage it while moving the machine.

Your treadmill has casters to help you move it.
Once the treadmill is in its folded position (ensure that the locking system is correctly engaged), hold the running deck by the edges or using the bar underneath and move the machine towards you.

Once the treadmill is in the desired position, brace it with your foot and lower it until it is in full contact with the ground.

TROUBLESHOOTING

My treadmill does not turn on (no display on the console screen)

1. Remove the safety key and put it back in place.

2. Check that the power cord is connected to a wall socket, and that the socket is in the on position. (To check that the wall socket is working, plug in a lamp or any other electrical appliance).

3. Check that the other end of the power cord is connected to your treadmill.

4. Check that the circuit-breaker at the front of your treadmill is in "RESET" position. If the circuit-breaker is in OFF position, you need to switch it back on. To do this, wait five minutes and move it back to "RESET" position.

If the problem persists:

5. Turn off and unplug your treadmill. Remove the console and check that the cables at the top of the right-hand riser are correctly connected.

My treadmill remains switched on when the safety key has been removed:

Your console is in demonstration mode. Deactivate demonstration mode by following the instructions on page 28 ("INFORMATION MODE" paragraph).

Treadmill speed is not constant:

1. We strongly advise you not to use an extension lead. However, if you have to use an extension lead, the length of the cable should not exceed 1.50m in order to reduce electrical loss.

2. Avoid overloading electrical sockets with appliances which consume a lot of electricity (white goods or DIY tools) which may interfere with your treadmill's performance.

3. Check that the power cord is correctly plugged in at both ends (wall socket and treadmill connection) in order to avoid bad contacts. To check that the wall socket is working correctly, plug in a lamp or any other electrical appliance.

4. Check that the treadmill belt is correctly tightened (the belt should not be over-tightened). See page 29.

My product is noisy:

1. Check that the treadmill belt is correctly centred. See page 29.

2. Check that the treadmill belt is correctly tightened (the belt should not slip). See page 29.

WARRANTY

DOMYOS guarantees the materials and workmanship of this product under normal conditions of use for 10 years for the structure, 5 years for the drive motor and 2 years for parts subject to wear and tear, starting at the date of purchase as indicated by the date on the cash register receipt.

DOMYOS obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DOMYOS.

All products for which the warranty is applicable must be received by DOMYOS at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:
- Damage caused during transport.
- Use and/or storage outside or in a wet environment.
- Poor assembly.
- Improper or abnormal use.
- Poor maintenance.
- Repairs made by technicians not approved by DOMYOS.
- Use in a non-domestic setting.

This warranty does not exclude any legal guarantees applicable according to country and/or province.

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